

ClaimsI claim:

1. A composition for stimulating muscle growth, said composition comprising a muscle growth stimulating effective amount of L-arginine, L-leucine, L-isoleucine, and L-valine.

2. The composition, according to claim 1, wherein said L-arginine is present in an amount of about 1.0 g to 60.0 g per serving.

3. The composition, according to claim 1, comprising:

L-Arginine (free base)	1.0-60.0 g
L-Leucine	25-200 mg
L-Isoleucine	25-200 mg
L-Valine	25-200 mg
Chromium	10-50 mcg
Choline	10.0-700 mg.

4. The composition, according to claim 1, composition comprising:

L-Arginine (free base)	6.0 g
L-Leucine	100.0 mg
L-Isoleucine	50.0 mg
L-Valine	50.0 mg
Sodium Borate	2.0 mg
Vitamin B5 (Calcium Pantothenate)	50.0 mg
Chromium	25.0 mcg
Choline	50.0 mg.

5. The composition, according to claim 1, which has a 700 mg, or less, of choline.

6. A method for stimulating growth of muscle in a mammal, said method comprising administering to a mammal a muscle growth stimulating amount of L-arginine, L-leucine, L-isoleucine, and L-valine.

7. The method, according to claim 6, wherein said composition is orally administered.

8. The method, according to claim 6, wherein said L-arginine is present in an amount of from about 1.0 to 60.0 g.

9. The method, according to claim 6, wherein the composition comprises:

L-Arginine (free base)	1.0-60.0 g
L-Leucine	25-200 mg
L-Isoleucine	25-200 mg
L-Valine	25-200 mg
Chromium	10-50 mcg
Choline	10.0-700 mg.

10. The method, according to claim 6, wherein the composition comprises:

L-Arginine (free base)	6.0 g
L-Leucine	100.0 mg
L-Isoleucine	50.0 mg
L-Valine	50.0 mg
Sodium Borate	2.0 mg
Vitamin B5 (Calcium Pantothenate)	50.0 mg
Chromium	25.0 mcg
Choline	50.0 mg.

11. The method, according to claim 5, wherein the composition has 700 mg, or less, choline.

12. A method for stimulating an immune response in a mammalian organism, said method comprising the step of administering to a mammal in need thereof an effective amount L-arginine or a salt thereof.

13. The method according to claim 12, wherein said L-arginine is administered intravenously as an aqueous solution in an amount of 1-10 g per day.

14. The method according to claim 12, wherein said L-arginine is administered in association with an immune system stimulation.

15. The method according to claim 14, wherein said immune system stimulator is vitamin C and is administered in an amount of about 1-10 g. per day.